

Mental Health Recovery Including Wellness Recovery Action Planning (WRAP)



Division of Mental
Health and Addiction

Researcher, author, and educator Mary Ellen Copeland has written the Wellness Recovery Action Plan (WRAP) based on 12 years of studying how people who have various mental health issues help themselves to feel better and how they recover.

Purpose: “WRAP is used widely across the United States and around the world and is considered an exemplary practice by the Center for Mental Health Services, Substance Abuse and Mental Health Services Administration. WRAP has helped numerous people who experience difficult psychiatric symptoms, some for many years, take charge of their lives and move on with recovery.”¹

Scope of Need: The July, 2003 Final Report of the President's New Freedom Commission on Mental Health (<http://www.mentalhealthcommission.gov/>) reinforced the goal of consumer-directed community integration as the key component of a strategy to fundamentally transform the delivery of mental health services in the United States. The goals and recommendations outlined by the Commission provide a framework for States and Territories to set priorities for new policies, programs, and practices and to eliminate unnecessary institutionalization. “The Commission is convinced of the need to increase opportunities for consumers and family members to share their knowledge, skills, and experiences of recovery. Recovery-oriented services and supports are often successfully provided by consumers through consumer-run organizations and by consumers who work as providers in a variety of settings, such as peer-support and psychosocial rehabilitation programs. Consumer-operated services for which an evidence base is emerging should be promoted.”²

What Does WRAP Accomplish?

“WRAP is a structured system for keeping well and for responding to difficult symptoms or troubling things that happen when a person is not feeling well. WRAP does not tell you what to do, but rather WRAP helps each person figure out what to do for him/herself in a totally self-determined approach. In order to arrest symptoms and hasten remission and recovery, participants both learn and share personal strategies for dealing with each level of relapse.”¹

Implementation: Certified WRAP facilitators have trained 1500 persons in SFY 05 and 06. Trainings are provided to consumers, family members and providers in the community, state hospitals and in the criminal justice system.

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A Wellness Recovery Action Plan Includes:

- Wellness Toolbox
- Daily Maintenance Plan
- Identifying Triggers and an Action Plan
- Identifying Early Warning Signs and an Action Plan
- Signs that Things Are Breaking Down and an Action Plan
- Crisis Planning
- Post Crisis Planning

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¹ *Recovery & Rehabilitation* (volume 3, number 1), Center for Psychiatric Rehabilitation, Boston University, December 2003.

² President's New Freedom Commission on Mental Health. (2003). *Achieving the Promise: Transforming Mental Health Care in America*. www.mentalhealthcommission.gov/